

## FINDINGS

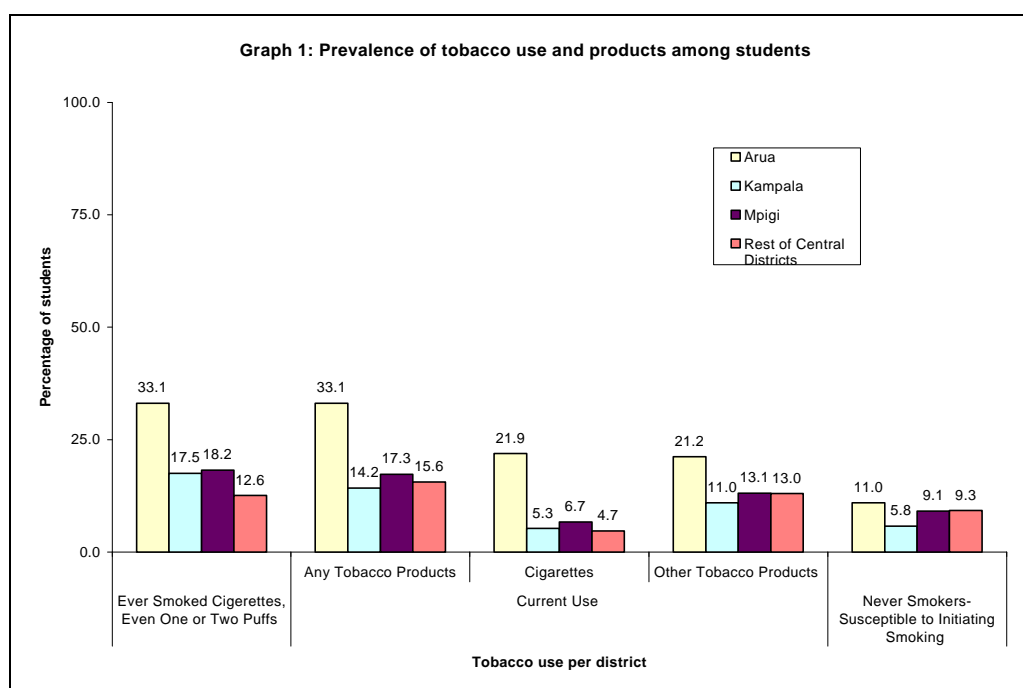
### Results of GYTS

The results compare the extent of tobacco use among students aged 13-15 years across 4 study areas in Uganda (Arua, Kampala, Mpigi and Rest of Central districts). Gender specific data are not shown in the Tables and Graphs but reported about in the text. School and student response rates for the GYTS were high in all the four districts visited (Table 2). The school response rate ranged from 95% in Kampala to 88% in Arua. The student response rate ranged from 84.9% in Kampala to 70.5% in Arua. The overall response rate ranged between 80.7 % and 62.1%.

**Table 2: Study sample sizes and response rates among schools and students**

District	No. of schools in the sample	No. of schools that participated	Response rate by schools (%)	No. of students selected (S.1-3)	No. of students that participated	Response rate by students (%)	Response rate: overall (%)
Arua	25	22	88.0	2166	1528	70.5	62.1
Kampala	20	19	95.0	3284	2789	84.9	80.7
Mpigi	20	18	90.0	2505	1944	77.6	69.8
Rest of Central districts	20	18	90.0	2435	1817	74.6	67.2

### Prevalence



The highest prevalence rate of students who had ever smoked cigarettes was in Arua district (33.1%) and the lowest in Rest of Central districts (12.6%) (Graph 1). In Kampala district, 17.5% and Mpigi 18.2% of the students reported to have ever smoked. Boys were significantly more likely

than girls to have ever smoked cigarettes in Arua and Kampala than in Mpigi and Rest of Central Districts.

Of the students who reported to have tried smoking, in Kampala 39.2% had initiated smoking before 10 years, Rest of Central District 37.9%, Mpigi 38.8% and Arua 18.4%. Girls were likely to have tried smoking before 10 years in Kampala and Mpigi than Rest of Central Districts and Arua.

Of the students who had never smoked cigarettes, almost one in ten were susceptible to initiate smoking during the next year, with 11.0% in Arua, 9.3% in Rest of Central Districts, 9.1% in Mpigi and 5.8% in Kampala (Graph 1). There were no significant differences in susceptibility by gender.

### ***Current use of tobacco products***

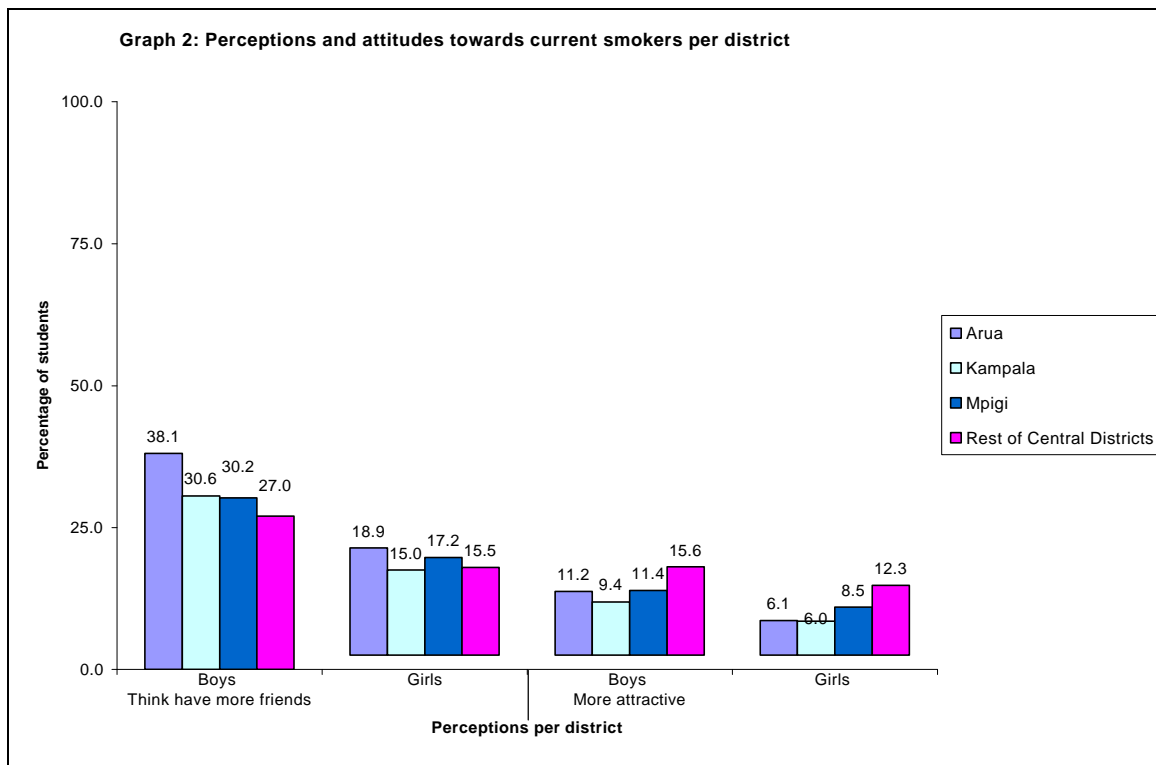
Data from the districts indicates that a significant percentage of students had used some form of tobacco product (Graph 1). The highest rate for current use<sup>2</sup> of any tobacco product was found in Arua (33.1%), and lowest in Kampala (14.2%). One in five students in Arua were current users of cigarettes and had used other tobacco products other cigarettes like chewing tobacco, snuff, cigars, cigarillos and pipe compared to almost one in ten of the students in Kampala, Mpigi and Rest of Central. Boys in Mpigi were significantly more likely than girls to currently use any tobacco product.

### **Perceptions and attitudes**

Data indicates that some students were receptive to boys and girls who smoke in terms of friendship and attraction as summarized in Graph 2. From the District data, it is evident that smoking has more influence on friendship compared to attractiveness. More students perceived boys who smoke to have more friends than girls. Overall, few students thought smoking makes boys and girls more attractive.

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<sup>2</sup> Current use refers to students who had smoked cigarettes, used any or other forms of tobacco products on one or more days preceding the survey.

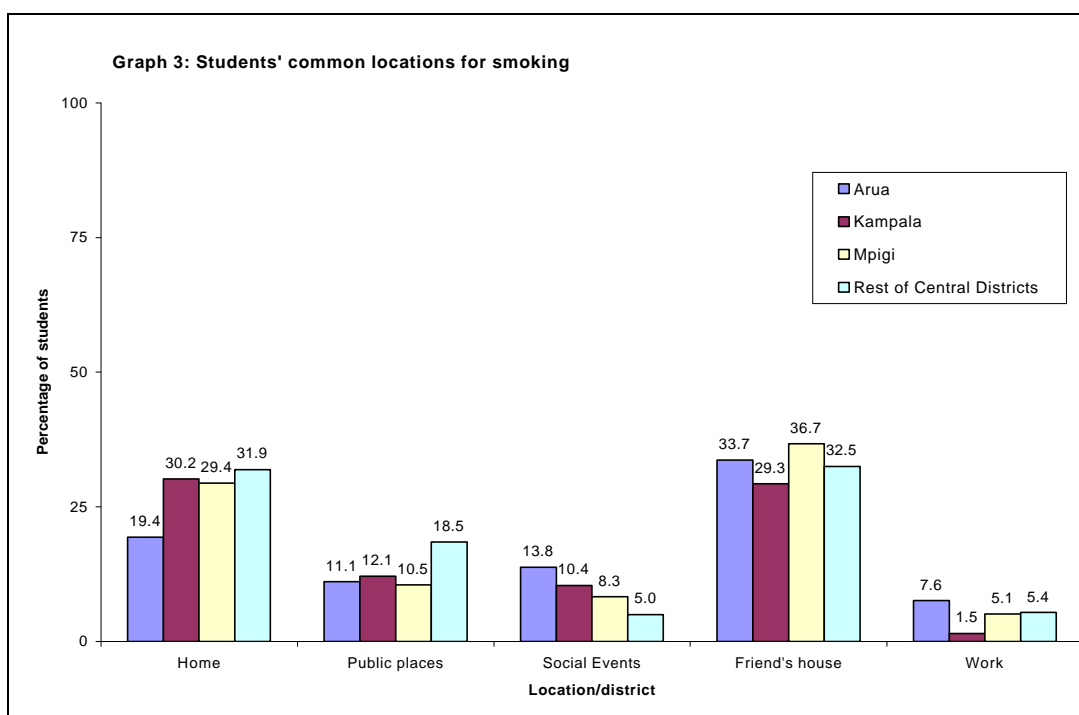


Findings further indicate that the majority of students regarded a man or woman who smokes as lacking confidence or stupid whereas some (over 10%) considered them as losers. A woman who smokes was considered to be either a *slut/prostitute* or *sexy/chic* whereas a man as *macho*. Very few students considered smokers as intelligent and successful.

The percentage of students who thought smoking makes one lose weight was high. In Arua 67.4%, Kampala 61.4%, Mpigi 60.6% and Rest of Central District 60.1% compared to less than 10% of the students who thought smoking leads to weight gain.

### Access and availability

Students were asked questions regarding their access to cigarettes and the availability of cigarettes to them e.g. *where do you usually smoke from?* and *how did you usually get the cigarettes you smoked?* Places where students usually smoked varied from their homes, friend's house, public spaces, social events to work places, as shown below.



Approximately, one-third (30.0%) of the current smokers in the districts of Rest of Central Districts, Kampala and Mpigi mentioned that their homes and friend's house were the most likely locations for smoking and only 19.4% in Arua (Graph 3). Other locations identified as likely places where students smoked included, public spaces (e.g. leisure parks, trading centers, street corners, markets, discos), social events or work places. However, data showed that nearly none of current smokers smoked at or within the school premises.

**Table 3: Access and Availability**

District	Percent Current Smokers who purchased Cigarettes in a store	Percent Current Smokers who Bought Cigarettes in a store who were not refused because of age
Arua	<b>40.8</b> (+6.8)*	<b>60.9</b> (+6.3)
Kampala	<b>31.2</b> (+6.4)	<b>68.3</b> (+11.8)
Mpigi	<b>25.9</b> (+7.9)	<b>47.4</b> (+21.1)
Rest of Central Districts	<b>30.9</b> (+24.5)	<b>68.0</b> (+21.6)

\*Figures in parentheses are 95% confidence interval

Students in Arua (40.8%) were the most likely to purchase their cigarettes from a store i.e. shop or street vendor, with 31.0% in Kampala and Rest of Central Districts, and the least likely in Mpigi district (25.9%)(Table 3). Other channels through which students (during one month period) usually obtained cigarettes included borrowing them from someone else, stealing them, giving someone else money to buy them or an older person giving them the cigarettes.

In Arua, Rest of Central District and Kampala, six in ten (60.0%) students had no age hindrance while purchasing cigarettes compared to one in two in Mpigi district. A comparison across districts indicates no variations by gender in terms of likely location for smoking or purchased cigarettes from a store.

### Environmental Tobacco Smoke (ETS)

The overall environmental tobacco smoke situation in the four Districts was viewed in terms of the extent to which students are exposed to second-hand smoking in their surrounding and their attitudes towards ETS. Summarized findings are in Table 4.

**Table 4: Environmental Tobacco Smoke exposure**

District	Exposed to smoke from others in their homes		Exposed to smoke from others in public places		Percent in favor of banning smoking in public places		Definitely think smoke from others is harmful to them	
	Never Smokers	Current Smokers	Never Smokers	Current Smokers	Never Smokers	Current Smokers	Never Smokers	Current Smokers
Arua	34.9 (+3.4)	79.4 (+6.6)	55.8 (+2.1)	93.5 (+2.9)	29.5 (+3.0)	37.9 (+4.0)	61.1 (+4.7)	48.9 (+9.3)
Kampala	15.9 (+1.4)	56.4 (+12.8)	44.8 (+6.2)	75.5 (+8.4)	64.9 (+5.7)	54.4 (+6.7)	84.2 (+5.5)	72.4 (+6.9)
Mpigi	14.9 (+1.9)	57.5 (+7.7)	38.2 (+2.8)	77.7 (+6.5)	59.5 (+6.3)	51.8 (+10.0)	70.7 (+6.0)	66.6 (+5.5)
Rest of Central Districts	12.6 (+3.2)	73.9 (+13.9)	30.9 (+5.8)	83.6 (+10.3)	52.2 (+5.1)	58.2 (+7.8)	62.0 (+3.9)	68.5 (+6.3)

\*Figures in parentheses are 95% confidence interval

At district level, exposure to second-hand smoking among current smokers is significantly high, at home and in public places (Table 4). The highest rates were reported in Arua with 79.4% current smokers exposed to second-hand smoking at home and 93.5% in public places, and least rates in Kampala (56.4% and 75.5%). More students who had never smoked were exposed to second-hand in public places than at home. The percentage of students who have or had one or both parents who smoke was high in Arua (37.7%) compared to Kampala (16.2%), Mpigi (14.7%), and Rest of Central Districts (13.8%). In all the four Districts, few students reported to have most or all their friends who smoke.

Over six in ten students, both current smokers and never smokers definitely thought that smoke from others was harmful to them. Except in Arua, about one-half of the students, both current smokers (mean 50.6%) and never smokers (mean 51.5%) thought that smoking should be banned from public places such as hotels, taxis, schools, on playgrounds, markets and shops. Approximately, 65% of the students never smokers in Kampala, Mpigi (59.5%) and Rest of Central Districts (52.2%) were in favor of a ban on smoking in public places and only 29.5% in Arua (Table 4).

## Cessation

**Table 5: Cessation levels of students per district**

District	Current Smokers		
	Percent desire to stop	Percent tried to stop	Received help stop smoking
Arua	<b>80.7</b> (+3.1)	<b>71.8</b> (+5.3)	<b>86.9</b> (+5.2)
Kampala	<b>77.9</b> (+8.4)	<b>76.9</b> (+11.2)	<b>84.1</b> (+5.9)
Mpigi	<b>68.7</b> (+18.5)	<b>70.7</b> (+10.8)	<b>88.8</b> (+3.9)
Rest of Central Districts	<b>76.8</b> (+14.4)	<b>67.2</b> (+14.4)	<b>85.5</b> (+8.9)

\*Figures in parentheses are 95% confidence interval

Overall, the majority of students currently smoking expressed a desire to stop smoking. Eight in ten current smokers desired to stop smoking in Arua, Kampala and Rest of Central Districts, and nearly seven in ten (68.7%) in Mpigi (Table 5).

Data further indicates that nearly seven in ten current smokers in all the Districts had tried to stop smoking in the past year preceding the survey. Kampala (76.9%) had the highest percentage of students who had tried to quit smoking during the past year, and Rest of central districts (67.2%) had the lowest. There was no significant difference by gender across districts.

## Media and Advertising

Data collected from the four Districts shows that students were exposed to both anti-smoking and pro-tobacco message from print (Newspapers, magazines, billboards) and electronic media (radio, television etc.), see Table 6.

**Table 6: Media and Advertising**

District	Saw Anti-Smoking Media Messages	Saw Anti-Smoking Messages at sporting & other events	Saw Pro-Cigarettes Ads on billboards	Saw Pro-Tobacco messages at sports & other events	Saw Pro-Cigarette Ads in Newspapers & Magazines	Had an object with a cigarette brand logo	Offered a free cigarette by Tobacco Company
Arua	<b>73.9</b> (+3.0)	<b>74.1</b> (+2.5)	<b>59.6</b> (+5.3)	<b>53.1</b> (+3.2)	<b>58.7</b> (+3.5)	<b>24.0</b> (+2.1)	<b>21.5</b> (+3.2)
Kampala	<b>80.9</b> (+3.5)	<b>77.5</b> (+2.9)	<b>75.8</b> (+3.9)	<b>66.1</b> (+3.7)	<b>70.8</b> (+3.7)	<b>15.7</b> (+1.9)	<b>11.1</b> (+1.9)
Mpigi	<b>74.7</b> (+3.4)	<b>73.2</b> (+3.3)	<b>68.5</b> (+3.1)	<b>58.5</b> (+4.0)	<b>63.0</b> (+3.6)	<b>19.3</b> (+2.9)	<b>13.8</b> (+3.5)
Rest of Central Districts	<b>63.5</b> (+5.2)	<b>71.4</b> (+4.1)	<b>56.8</b> (+5.4)	<b>59.9</b> (+3.0)	<b>58.3</b> (+5.3)	<b>20.9</b> (+1.5)	<b>17.2</b> (+1.9)

A comparison across districts shows that more students in Kampala were exposed to anti-and pro- tobacco messages and advertisements. More students in Arua (73.9%), Kampala (80.9%) and Mpigi (74.7%) had seen anti-smoking media messages in the past 30 days preceding the survey compared to 63.5 % in Rest of Central districts (Table 6). Exposure to anti-smoking messages at sporting and other events was generally high, over 70% of students in all the districts.

Exposure to pro-cigarette advertisements on billboards was highest in Kampala (75.8%) and lowest in Rest of Central Districts (56.8%). Overall, 60% of the students in all the districts had been exposed to cigarette advertisements on billboards. A similar proportion had seen pro-cigarettes advertisements in the Newspapers and magazines, and at in sporting and other events the past month preceding the survey.

Approximately, one in five students in each district owned an object with a cigarette brand logo on it (mean 20%). The percentage of students who reported that a representative of a tobacco company had offered them free cigarettes was relatively high, with a mean of 15.9%. The highest rate was reported in Arua (21.5%) and lowest in Kampala (11.1%).

### School curriculum and tobacco use

**Table 7: School curriculum in four districts, GYTS Uganda**

<b>District</b>	<b>Percent taught dangers of smoking</b>	<b>Percent taught effects of tobacco use</b>	<b>Percent discussed reasons why people their age smoke</b>
Arua	<b>76.9</b> (+3.9)*	<b>79.9</b> (+3.2)	<b>68.1</b> (+4.0)
Kampala	<b>65.2</b> (+3.1)	<b>65.5</b> (+3.8)	<b>60.0</b> (+3.2)
Mpigi	<b>66.2</b> (+5.2)	<b>66.7</b> (+5.1)	<b>59.7</b> (+5.2)
Rest of Central Districts	<b>64.1</b> (+3.1)	<b>67.8</b> (+3.6)	<b>58.4</b> (+4.0)

\*Figures in parentheses are 95% confidence interval

To examine the awareness levels of students about tobacco use and effects, questions about the health education at school were asked. Over three-quarters of the students in Arua had been taught about the dangers of smoking and effects of tobacco use and 2/3 of students in Kampala, Mpigi and Rest of Central Districts (Table 7).

Approximately, 6 in 10 students had discussed reasons why people of their age smoke. However, this percentage was low compared to those who had been taught about the dangers and effects of smoking. A comparison across districts indicates that Senior Three students were more likely to be taught dangers of smoking and discuss reasons why people of their age smoke compared to Senior One-Two students.